News from the Susan B. Anthony Project

New Day
BY JENNY MATTHEWS

On this morning as she wakes she takes a breath of sweet embrace. A newfound strength she never knew to persevere and see life through. She smiles sweetly because she knows each new day is her gift to behold. She stretches her limbs, feet touching the floor, realizing in that moment she is a prisoner no more. She feels the sun upon her face, looks to the skies in her quiet place. She believes in the life that she seeks, it’s in her voice as she speaks. Although things may not be as she once planned she is happy just to breathe again. I’ve taken back my heart that had once beat for you. Taken back my soul you felt so entitled to abuse. No more looking back on yesterdays and what can never be. I found the love inside myself that you could never see. It’s not about what she has lost but taking back what she once knew. Unraveling all the twisted lies and starting anew. Now able to see it for as it was, not what she wanted it to be she’ll have to learn how to restore her faith and decipher her beliefs.

She smiles again as she starts to see through this clouded haze. Only blue skies lie ahead for her even on those rainy days. Turning to her mirror, she looks deep into her eyes. A single tear runs down her cheek, her triumphant freedom why she cries.

I remember this day with such clarity. It was the moment I took back my power. The realization that he only had power over me as long as I stayed connected to that source. To unplug yourself from it is not easy. It requires forgiveness and understanding that it is not your fault. We become victims by circumstances beyond our control... staying one is a choice. Choose to use that power for yourself... to find your strength and become a survivor.

We’re excited to announce that Susan B. Anthony Project will be holding our 2nd Walk a Mile in Her Shoes® event on May 19, 2019!

**Walk a Mile in Her Shoes®** is an international men’s march where men and boys lead the way on the road to end sexual and domestic violence. Created by men, the Walk gives participants the opportunity to get their communities talking about a difficult subject while increasing awareness of the problem, offering opportunities for healing and demonstrating men’s willingness to walk with women and children as allies, advocates and survivors.

**EVENT INFORMATION**

- Registration up to Walk day
- Individual or team participation
- Prizes awarded
- Post-walk foot massages
- Live music
- All ages welcome

**REGISTRATIONS**

- Individual & Team (shoes & t-shirt included): $50
- Women & Students (t-shirt included): $15
- Sponsored Team** (shoes & t-shirt included): $15/$50
- Youth Individual & Team (t-shirt included): FREE
- Virtual Walker: FREE

**GET INVOLVED**

There are several ways to get involved in SBAP’s Walk a Mile in Her Shoes®.

- Participate as a walker — men, women & children welcome!
- Become an individual or corporate sponsor
- Pledge registered walkers
- Cheer on walkers
- Purchase Walk a Mile in Her Shoes® merchandise
- Spread the word!

Visit www.sbaproject.org/walkamile or contact Gina Devaux at gdevaux@sbaproject.org or 860-489-3798.
Meet Our Board

It is both a privilege and a challenge to be a member of the Board of Directors of Susan B. Anthony Project.

Having lived in Litchfield County for many years, I had an awareness of Susan B. Anthony Project. But it wasn’t until my husband, Patrick, and I became involved with the Adopt-a-Family program that my learning about the mission and operation of this organization began. From Adopt-a-Family program to the annual giving campaign, to the fundraisers such as MOMIX and Authors Lunch, I continued to learn about the dedicated, relentless work done at Susan B. Anthony Project to help promote safety, healing and growth for survivors of domestic and sexual abuse. I learned about the Community Education program that helps young people to identify and develop appropriate behaviors as they meet the challenges and situations that surround them.

I am a Certified Public Accountant. I retired from active practice a few years ago. Most of my career was involved with taxation and compliance work. As treasurer of Susan B. Anthony Project Board of Directors, I strive to ensure that the organization is as financially strong and secure as possible. I have been on the Board since 2016. I serve with, and continue to learn from, an exceptional Executive Director and staff as well as extremely dedicated Board members.

—Nancy Boland

When I first moved to Litchfield 34 years ago, my first job was with the Torrington Youth Services Bureau as the coordinator of the Child Protection Team. TYSB shared offices then with the Susan B. Anthony Project and I got to know some of the founding members of the Project. Their commitment and enthusiasm were inspiring. I was interested in the work of the Project because in my training and later in my practice as a Clinical Psychologist (now retired) I learned of the enormous impact that interpersonal violence has on folks’ psychological health. The more time I spent as a provider of psychological services, the more I saw how its impact affected people, often for the entirety of their lives. I wanted to contribute to efforts to intervene early on in this process and to prevent interpersonal violence from happening at all. My clinical practice didn’t offer me many opportunities to do that. I spent the bulk of my professional life helping people to recover from traumatic experiences that occurred in the past. Rarely did I get to support prevention and early intervention efforts. When I had the opportunity I joined the Board of Susan B. Anthony Project so that I could contribute to those efforts. That was in 1990. I have served as the Secretary to the Board most years since then.

Because of my long time association with the Project I have clearly seen the extraordinarily caring and competent efforts of the many people who have worked there. I feel fortunate to support the work of these people as they meet our clients and assist them in their efforts to build their lives following traumatic experiences. I am especially proud of the work the Project continues to do in preventing interpersonal violence. It has also been gratifying to have worked with hundreds of volunteers who have given of their time, their wealth and their wisdom to that end.

—Bob Berson
When a survivor of sexual assault discloses, it is important that we begin by believing them. It is the first step in creating a path toward healing and justice. This positive reaction influences the survivor to reach out to others and to create a network that supports their healing. When there is a negative response, the effects of the sexual trauma may worsen. Fewer than 25% of victims disclose because they fear they will not be believed and that there will be a negative response to their disclosure.

If you know a survivor of sexual assault who would like to expand their support network, Susan B. Anthony Project is here to help. Call 860-482-7133 to speak to a counselor.

Legislative Initiatives Highlights

**SB3 An Act Combatting Sexual Assault and Sexual Harassment (Time’s Up Act)**

*Synopsis:* This bill is proposed by Senate Democrats as one of their main and important bills for this legislative session. The criminal statute of limitations for sexual assault would be eliminated for most crimes of sexual assault and extended to 25 years for forced sexual assault (where there is no sexual penetration) and outlines a comprehensive sexual harassment policy for the workplace. This year’s bill would eliminate the civil statute of limitations for offenses against children. The CT Alliance to End Sexual Violence (The Alliance) is working to advance this bill.

CT Coalition Against Domestic Violence (CCADV) is working on the following priority bills:

**SB 693 An Act Concerning Additional Housing Protections for a Victim of Family Violence or Sexual Assault:** this bill included lock change language within 48 hours and does not allow for landlords to disagree with the change of locks.

**HB 7396 An Act Concerning Parity in Sexual Assault in the Case of Spousal or Cohabitating Relationships and Other Crimes of Sexual Assault and Concerning the Investigation of a Family Violence Crime:** a key component of this bill addresses definitions to the state’s sexual assault statutes and the definition of “sexual intercourse” and “sexual contact” should have been amended to remove the exclusion of married persons. The language in the bill is a simple oversight by the legislative attorneys and will be corrected; CCADV and The Alliance are partnering to correct the language before the bill is voted upon. Another language correction is required related to last session’s dominant aggressor law and is packaged in this bill as well.

These and other legislative initiatives will continue to unfold during this long legislative session ending in early June.
Thank you to LOVE|ART|PLAY and the Warner Theatre for making this very special and entertaining evening possible. It was a sold out show with over 280 guests in attendance! Thank you to everyone who joined us.

Thank you to MOSES PENDLETON & CYNTHIA QUINN

PETER TILLOU

Generously sponsored by:
Dymax Corporation – Agency Sponsor
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Aaron & Nicholas Mambrino
National Iron Bank
NM Lawn Care LLC
Catherine & Gregory Oneglia
Phil Samponaro
Nancy & Patrick Boland
Matt DeRienzo
Nancy & Mark Famiglietti
RAR Excavating & Building, LLC
Tina & Michael Reardon
Margaret & Adrian Selby
Lois & Marc Shafir
Thomaston Savings Bank
Valmark Electric
Nancy Wadhams

Special thanks to John Johnson of John Johnson Art Direction & Design for designing our MOMIX in the Garden program and to Jill Davenport of Litchfield Hills Photography for capturing the event.

Hosts: Jennifer Abbott-Tillou and Jeffrey Tillou with homeowner Peter Tillou (center).
THANK YOU
TO EVERYONE WHO HELPED MAKE OUR 15TH ANNUAL AUTHORS’ LUNCHEON SUCH A SUCCESS!

Pictured, from left: James Smith, Susan Campbell, Jacqueline Smith, Fran Hauser and SBAP Director of Development, Gina Devaux and SBAP Board President Mark Famiglietti.

THE TALE
With April being Sexual Assault Awareness Month, we would like to invite interested organizations to hold a screening of the powerful HBO film THE TALE:

Revisiting a short story she wrote at thirteen, documentary filmmaker (Laura Dern) faces life altering questions about her first sexual experience and the elusive nature of memory.

THE TALE is director Jennifer Fox’s personal memoir examining the journey from denial to truth and the stories we tell ourselves to survive.

SBAP will provide the film and be present for the screening to offer information, resources, and support to attendees. SBAP held a previous screening on Thursday, November 8th, 2018 at Northwestern CT Community College.

Please contact Matt at mekstrand@sbaproject.org or 860-489-3798.

Making a Difference!

The Wolcott Police Department held a toy drive of which Safe Haven, Susan B. Anthony Project and FISH were the recipients. This couldn’t have come at a better time to ensure our child clients had a happy holiday! Officer Bryan Spiotti delivered the toys to Torrington. Accepting the donation from him is Gina Devaux, Director of Development.

Pam Drziewiecki of Powerful Purpose presented us with a dozen lovely handbags filled with toiletries, wallets and words of inspiration for our clients. Shown accepting the donation are Amanda Moreau, Community Educator, Denise Torson, Development Associate and Jennie Panchy, Sexual Assault Advocate. We are truly thankful for her thoughtfulness!

Staff from Torrington Respite Center collected items from our Wish List. Delivering was Lori King shown with Gina Devaux, Director of Development. Thanks to all who donated and for choosing SBAP as the recipient of this awesome donation!
Honoring Community Supporters at Candlelight Vigil

October was Domestic Violence Awareness Month. Each year, SBAP celebrates survivors of domestic violence and honors community members who collaborate and support our work at our annual candlelight vigil.

2018 Honorees

Elinor Carbone  -  Mayor of Torrington
Susan Engle  -  Licensed Clinical Social Worker
Patrick Garahan  -  Maintenance at Susan B. Anthony Project
Megan Huddleston  -  Volunteer at Susan B. Anthony Project
Kathy Minck  -  Site Director & Northwest CT contact for Food Rescue US Program.

Supporting Each Other

Domestic and sexual violence can affect anyone and can oftentimes coincide with additional forms of trauma experienced both in the present & in the past. Our Counselor/Advocates hold support groups at SBAP’s Counseling and Advocacy Center throughout the year for survivors of domestic and/or sexual violence.

In addition, off-site support groups are held for clients receiving services at area mental health, substance abuse, and behavioral health residential programs. Currently, TREM (Trauma Recovery Empowerment Model) is being held for women at Hanson House/McCall Center for Behavioral Health and at Trinity Glen Women’s Program, and M-TREM (for men) at Trinity Glen’s long-term residential treatment centers for women and men struggling with chronic substance abuse.

G-Trem (for girls) is being offered at Touchstone, a residential program for girls who are Department of Children & Families engaged. The program at Touchstone offers enhanced psychiatric, nursing, educational and clinical expertise.

Groups can be either open or closed to the public. Open groups can sometimes also allow for “drop in” attendance.

An upcoming series of support groups being offered at Susan B. Anthony Project’s Counseling and Advocacy Center includes:

**SELF-ESTEEM:** A 6-week group that examines the causes of low self-esteem and explores ways in which people can begin to improve their view of self worth.

**DOMESTIC VIOLENCE SURVIVORS** (Drop-In): A 10-session group for women who are currently experiencing or who have left an abusive relationship that assists in understanding the dynamics of abuse and starting survivors on their path to healing.

Please call the crisis line for more information at 860-482-7133.
OUR CLIENTS’ MOST PRESSING NEEDS — GIFT CARDS
Stop & Shop, Price Rite, Aldi’s Gas Cards, McDonald’s, Burger King, Target, Wal-Mart, Panera Bread TJ Maxx, Dollar Tree MasterCard or Visa Movies or Hair Cuts Dunkin Donuts

CASH DONATIONS
For client assistance

NEW BED & BATH
Twin, Full & Pack-n-Play sheets Pillows Bath towels & wash cloths Dish towels & pot holders

PERSONAL HYGIENE
Shampoo & conditioner Razors & shaving cream Tampons & pads Deodorant — male & female Toothpaste & toothbrushes Soaps & body wash Lotion & hand sanitizer Diapers — all sizes Sensitive diaper cream Sensitive baby wipes Tissues & Q-tips Baby shampoo Sunscreen Shower caddies Hair dye

SHELTER SUPPLIES
Bathroom & kitchen cleaners HE laundry detergent — unscented (HE = Energy Efficient) Dryer sheets — unscented Bleach Fabric softener — unscented Ziploc bags, foil, plastic wrap Toilet paper, paper towels Food containers

FOOD ITEMS
Coffee, creamer & coffee filters, tea Canned, boxed or dry food items Spices, sugar, salt, pepper Flour, oil, tuna, cereal, rice, beans Mayo, catsup, mustard Sazon seasoning Cookies, Pop Tarts, fruit snacks Juice boxes, bottled water

OVER THE COUNTER MEDICINE
Tylenol / Advil / Motrin Infant / Children’s Tylenol Cold medicine — adult & children Tums / Pepto Bismol Allergy medicines Thermometers Anti-bacterial cream Band-Aids

MISCELLANEOUS
School supplies Flashlights & batteries, all sizes Craft supplies — beads, paint, and canvas Sleeping bags, air mattresses Movies — family DVDs Wii Games — family oriented Play-Doh Daily calendars Colored pencils, crayons Washable markers Coloring books, stickers New toys, crafts Trac phones & minute cards Flip flops, beach towels Umbrellas Card games — Uno, Old Maid Playing cards Board games — Monopoly, Clue, Bingo, checkers, Candyland, Life, Scrabble Socks, underwear, pajamas, sweats & yoga pants for children & women — all sizes Storage bins

Wish List
For questions about an item listed, please call Denise at 860-489-3798 or visit www.sbaproject.org

Making a Difference!

Brooks, Todd & McNeil partnered with Litchfield Bancorp and Northwest Community Bank held their annual BLN Charity Golf Tournament to benefit five local charities: Susan B. Anthony Project, FISH/Friends in Service to Humanity of Northwestern Connecticut, Inc., McCall Center for Behavioral Health, The Community Soup Kitchen of Torrington and The Open Door of Winsted. Shown is Gina Devaux, SBAP Director of Development accepting our portion of the proceeds from Steve Zarrella, Senior VP at Northwest Community Bank. We are very thankful to these organizations for their support!

Arbonne gift bags filled with skin care products for babies, children and women were assembled and brought to us right before the holidays by Siri Hoffman and her daughter, Svea. Shown accepting the donation are Denise Torson, Development Associate, Siri & Svea Hoffman and Siobhain Craemer, Administrative Assistant. We are so grateful to have folks like Siri who helped make the season bright for our clients!
The Founders Society of Susan B. Anthony Project celebrates our founders, Polly Doremus & Gillian Hanna, and recognizes all of our donors who have also made a promise to help create a better tomorrow by providing a legacy gift. When you become a member of the Founders Society of Susan B. Anthony Project, you will help ensure the perpetuity of SBAP’s mission and role in our community. No matter the amount, you are making a gift of hope to victims of domestic and sexual violence.

The Founders Society of Susan B. Anthony Project gathered for their first pinning ceremony on September 11, 2018 to recognize individuals who have designated SBAP in their Wills. Back row: Christopher & Marlene Smith, Valerie Friedman, Barbara Spiegel, Josephine Jones, Phil Miller. Front row: Susan Payne, Tom Hodgkin, Nancy Wadhams and Jacqueline Miller.

Ways to give … IT ALL BEGINS WITH YOU

Susan B. Anthony Project receives almost 50% of its budget from people like you.

• **Outright Gift:** The simplest method of giving by check or credit card.
• **Online Gift:** Make a secure gift online at www.sbaproject.org
• **Stock Gift:** A gift of stock can provide considerable tax benefits.
• **Endowment Gift:** A gift to the Susan B. Anthony Project Endowment Fund will help secure our future.
• **Wills and Bequests:** Your gift passes to the Susan B. Anthony Project after your death.

To make a gift or to learn about these and other charitable giving programs, contact Gina Devaux at 860-489-3798 or gdevaux@sbaproject.org

Susan B. Anthony Project is a 501(c)(3) nonprofit organization. EIN: 06-1085983

Interested in Volunteering? SBAP NEEDS YOUR HELP!

There are many ways to volunteer at Susan B. Anthony Project

• Client Services • General Office Help
• Special Events • Childcare

For more information, go to www.sbaproject.org and click on the community involvement link or call Siobhain at 860-489-3798. Our next volunteer certification training will be held in September.

Why become a monthly giver?

• Imagine if you could help provide reliable monthly revenue to guarantee services are always available for victims of abuse?
• Imagine if you were able to increase your annual gift to help even more victims?

By becoming a monthly donor, you can.

Please consider making your annual $50 gift a $5 monthly gift totaling $60 annually.

Or making your annual $250 gift a $25 monthly gift that will increase its value to $300 annually.

Monthly gifts allow you to increase, and sometimes even double, your annual gift and provide a predictable stream of income that has incredible impact on the long-term financial health of SBAP.
Calling all H.E.R.O.s:
We are encouraging local businesses to help empower & rebuild victims of domestic & sexual violence by joining forces with their customers & employees to raise funds for critical services. This monthly program will help raise awareness, ensure program delivery, and increase community participation as we all work together to save lives.

Here’s how it works:
We will provide you with a collection box identifying your business as a Susan B. Anthony Project HERO along with some informational materials to get you started. Display these items and give your customers & employees the opportunity to make a gift to SBAP—gifts to be matched dollar for dollar by you.

We will recognize your business as a Susan B. Anthony Project HERO on our website, Facebook, and Twitter pages, in our printed newsletters and gratitude reports, and in regular email blasts sent out to over 3,000 community members. We will also announce our monthly HERO participants regularly in press releases.

THANK YOU TO UNION SAVINGS BANK FOUNDATION FOR FOURTEEN YEARS OF SUPPORT.

Pictured, from left: Michele Bonvicini, Director of Community Relations, Jeanne Fusco, SBAP Executive Director, Gina Devaux, SBAP Director of Development, Cynthia Merkle, President & CEO and Jeff Levine, Chairman of the Board of Trustees.

Wright’s Barn Flea Market in Torrington asked for donations of cold weather apparel from their customers. We received the most beautiful knit hats and scarves along with two children’s jackets. Shown accepting the donation is Gina Devaux, SBAP Development Director along with Carol Wright, owner of Wright’s Barn Flea Market. Thank you for your thoughtfulness!

The Rhino Club of Litchfield did a massive amount of shopping at BJ’s and filled our van full of food and cleaning items for our shelter. Shoppers from the Club were: Paul Sweeney, Clifford Cooper, Louis Donne, Jay Younling and Peter Litwin. Words cannot express our gratitude for this most generous donation! Not shown: Michael Kovalchik, John Kleeman and Todd Anderson.

Fuel Cell Energy employees collected school supplies and 30 backpacks for our children along with items from our wish list. The children and their moms were so appreciative of this generous gift. Employees of Fuel Cell Energy delivering were Gissella Jasurkowski, Lex Lord Voss, Mary Stempien and Rachel Johnson. Helping to unload are SBAP staff Michelle Marone, Jennie Panchy and Denise Torson.
Adopt-a-Family for the Holidays

Thank you for helping to make this holiday season a bright one for our clients.

Our generous donors helped provide gifts for 75 moms with 164 children, 43 single women and 8 men.

OUR GENEROUS DONORS:

Adopt-a-Family Coordinator, Siobhain Craemer and Santa.
Wreath Fundraiser

Very special thanks to all who volunteered this past year. We raised over $14,000 to support our client services!

Jennifer Abbott-Tillou
Shellian Bennett
Gail Berglund
Martha Bernstein
Bob Berson & Barbara Putnam
Black Rock Elementary School — Karen Payne
Nancy Boland
Nazy Borden
Charlotte Hungerford Hospital — Suzanne Fox
Church of Christ, Goshen — Janet Hooper
Church of Christ, Norfolk — Suzanne Hinman
Siobhain & Tommy Craemer
Patience Deacon
Jason & Luca Devaux
Helen Donaher
Deborah Donne
Seth Duke
Dymax Corporation — Laurie Ludgewait
Saun Ellis
First Congregational Church, Canton Center — Linda McAllister
First Congregational Church, Washington — MariLyn Roze
Fuel Cell Energy — Mary Stempien
Michael Fusco
Charlene Graskoski
Doreen Hampton
Hawinton Women’s Club — Gerri Brander
Trevor Howlett
Phil Kamens
Litchfield High School — Dean Birdsall & Tammy Knox
Barbara Littell
Jeanine Lovendale
Beth McCabe
Jacqueline Miller
New Preston Congregational Church — Clarinda Deitz
Northwestern CT Community College — Sharon Gusky
Matt Oneglia
Lynn & Bill Richmond
Turi Rostad
Diane Ryan
Diana Savory
Lois Shafir
Marlene & Chris Smith
Terina Smith
St. Anthony’s Church, Litchfield — Carol & Pat Iannuzzi
St. Bridget Church, Sharon — Mel Harmon, Marjorie Morris & Louise Riley
St. Paul’s Parish, Bantam — Jean Grela
Torrington High School Air Force Cadets
Mark Torson
Trinity Episcopal Church, Torrington — Faye Tway & Gary Grant
Nancy Wadhams
Amber Wilder
Winchester Center Congregational Church — Holly Martin
Sarah, Nat, Gus, Sam & Birdie Worden
Jessica Wright

Students from Explorations Charter School in Winsted held a food drive to benefit Susan B. Anthony Project. We are so appreciative of this donation—Thank you!

Shades of Northwest Hills Decorative Painting Club brought in a donation of new t-shirts and sweatshirts. These will be used to complete sexual assault hospital bags that we bring to the hospital after being called when someone has been assaulted. Shown is Mary Guilfoile and Gina Devaux, SBAP Director of Development.

Another successful wreath fundraiser because of our long time volunteers and new volunteers — the Air Force Cadets from Torrington High School!
MEET OUR BI-LINGUAL, BI-CULTURAL SEXUAL ASSAULT ADVOCATE: Wendy Green

I have worked at Susan B. Anthony Project for two years. I chose to join the SBAP team because I knew that this job would be very rewarding. I have friends and family who have been impacted by domestic violence. Many of them didn’t have an agency like SBAP to offer support and resources.

The best part about my job is working with those who are underserved and underrepresented in our area. I’m able to offer support, advocacy, and resources to many whom because of language and cultural barriers find it hard to reach out to get help.

My dream for SBAP is to have a bi-lingual (Spanish speaking) clinical therapist on site for our clients. As a bi-lingual advocate, I see many of my clients living in fear because they may not be documented or are living here on a permanent resident card that they got through their abuser. Abusers use immigration status to abuse and exploit a number of the clients I have worked with. The abuse includes sexual, physical, financial and mental. Clients have been forced to work and give all of their money to their abuser and not have their own basic needs met. I am thankful to be part of an agency that makes an effort to support all those that are victimized in our community.

Susan B. Anthony Project is a great agency with great advocates who are here to help in so many ways. If you are being abused or think you are being abused, please reach out to SBAP. I am a native Spanish speaker and am passionate about reaching those in our community that may speak Spanish only. I want you to know that you are not alone and that there is help available.